

Additional Capital Region Resources

All Counties

[PA Support & Referral Helpline](#)

Warmline/Language Line Available

[1.855.284.2494](tel:1.855.284.2494) - 24hrs/7days

[United Way 211](#)

211 or www.pa211.org

[Contact Helpline](#) - 24hrs/7days

[1.800.932.4616](tel:1.800.932.4616) - Language Line Available

[Suicide & Crisis Lifeline](#) - 24hrs/7days

Text or call [988](tel:988)

[Crisis Text Line](#) – 24hrs/7days

Text 'Home' to [741-741](tel:741-741)

Cumberland / Perry Counties

[Mental Health / Intellectual Disabilities](#)

16 W. High St., Suite 301, Carlisle, PA 17013

[717.240.6320](tel:717.240.6320)

[The Mental Health Association in Pennsylvania](#)

1414 N. Cameron St., Harrisburg, PA 17103

717.346.0549 ext 2

[Crisis Intervention](#)

[717.763.2222](tel:717.763.2222) or [717.243.6005](tel:717.243.6005)

Dauphin County

[Mental Health / Intellectual Disabilities](#)

100 Chestnut St, 1st Floor, Harrisburg, PA 17101

[717.232.7511](tel:717.232.7511)

[The Mental Health Association in Pennsylvania](#)

1414 North Cameron St., Harrisburg, PA 17101

[717.346.0549](tel:717.346.0549) ext 2

[Crisis Intervention](#)

[717.232.7511](tel:717.232.7511)

Lebanon County

[Mental Health / Intellectual Disabilities Services](#)

220 East Lehman St., Lebanon, PA 17046

[717.274.3415](tel:717.274.3415)

[Crisis Intervention](#)

[717.274.3363](tel:717.274.3363)

Lancaster County

[Behavioral Health / Developmental Services](#)

750 Eden Rd, Lancaster, PA 17601

[717.393.0421](tel:717.393.0421)

[Mental Health America of Lancaster County](#)

245 Butler Ave., Lancaster, PA 17601

[717.397.7461](tel:717.397.7461)

[Crisis Intervention](#)

[717.394.2631](tel:717.394.2631)

[Recovery InSight](#)

[Warm Line](#)

[717.945.9976](tel:717.945.9976) – Everyday 2pm-10pm